Swordfish

Serves: 4

Ingredients:

4 8-ounce swordfish steaks
1/4 cup lemon juice
2 tablespoons olive oil
1 teaspoon Dijon mustard
1 teaspoon fresh ginger root, grated
1/4 teaspoon cayenne pepper
1/8 teaspoon black pepper

Preparation:

1) In a bowl, combine the lemon juice, oil, ginger, cayenne pepper and black pepper to make a marinade.
2) Marinate the fish in the marinade for 30 minutes.
3) Pre-heat your grill.
4) Grill the fish, brushing several times with the marinade, until cooked through, about 4 to 5 minutes on each side.
5) Serve with a fresh tomato salad.

Chef's Tip

A spicy dish that you won't forget. Try it with your favorite mustard instead of Dijon.